

cheerful encounters with obstacles which only cheerful industry can overcome, and there must be no despising of the plain, common, coarser duties, which are no less duties, because of their uninviting looks, and the careful accomplishment of which is so necessary to the comfort and health of the home; there must be conscientious, vigorous, faithful and intelligent work and purpose along all needed lines.

Deal honestly with your duties, take a pride in doing all well. Do not allow yourself to form habits of shiftlessness and shirking. "Your sins will find you out" at the very most inopportune moment, if you do. Go into the kitchen with your mother, or some practical friend skilled in all housewifely arts, and learn to make bread, biscuits, rolls, the commoner puddings, pies, sauces, salads; to roast and to broil and to boil; to cook the coarser sorts of food well, and to dish up daintily the commonest articles of daily fare. Learn to market, and the values of various eatables. Learn all the simpler, yet indispensable housewifely arts, and believe nothing is too common or coarse to be well done. Learn, too, to gather up the fragments, that nothing be lost.

There are few of us who love drudgery for the mere sake of doing, and the so-called menial tasks of the household may, by a loving, helpful woman, be so glorified as no longer to excite the feeling of disgust which they are apt to engender if poorly

SUMMER ADVICE By One Who Knows

Keep cool in hot weather.

"How?"

By eating Grape-Nuts every day.

"Rats!"

No, not rats, but a good, sound fact that thousands make daily use of.

Grape-Nuts is a predigested food which makes digestion easy.

It gives the nourishment without the internal heat caused by heavy carbonaceous foods.

You can feel from ten to twenty degrees cooler than your neighbor when you eat proper food that does not overtax the stomach.

Grape-Nuts is made from certain parts of the grain and by mechanical process the starches are changed into grape sugar in the same manner as the stomach would do in the first act of digestion.

The phosphates of the cereals are retained in Grape-Nuts and these and the grape sugar supply the necessary nourishment to body, brain and nerve centers.

Grape-Nuts is a concentrated food giving strength, vitality and coolness to the body and energy and clearness to the brain, in place of the heavy, sluggish, draggy feeling caused by meat, potatoes, etc.

Another point.

It is thoroughly cooked at the factory by food experts and saves you the trouble.

You get it from the grocer and by adding cream, it is ready to serve.

No hot stove, no cross cook, no loss of time or exertion as with other food.

Its crisp taste with the delicate sweet of the grape sugar makes it pleasing to the palate of the most critical epicure.

The recipe book in each package of Grape-Nuts gives many pleasing puddings, salads, entrees and desserts that can be made.

Worth a trial and a package will prove it.

done, or slighted with a promise of better treatment another day.

A wise, loving mother will delight to lead her young daughter along these necessary lines of education, for, having doubtless had trials of her own in her early years, she will see, as the daughter cannot, how necessary such knowledge will be, even though she may have servants to do her bidding, and her future life be one long holiday of immunity from such necessity.

"Bringing Up the Children."

Some one has asked for helpful talks upon the subject of the right bringing up of children, and there certainly is large need of such discussions; but we, who have had much experience in the rearing of families, hesitate to offer advice, or to formulate rules by the following of which the best results may be obtained. We have learned by our own failures how futile even our wisest theories may prove, in bringing about desired ends, and we have learned, too, that a child is an individual. Only the most general rules may be applied to a class; every child needs a treatment peculiarly fitted to its individual needs, and to find out the best methods of family government the mother must not only know her child's peculiarities, but she must know her own as well. I am afraid we do not acquire this necessary self-knowledge until too late in life to profit by our wisdom.

Each little soul must be studied; its various characteristics patiently and intelligently analyzed, and constitutional and temperamental tendencies closely observed. It is not every mother who will understand her child, do the best she may, for one must be an expert indeed in reading character if she do not fall, more than once, in catching the "shadow of the latent and undeveloped" in her child; and in striving to carefully adjust the balance between the patent and the unseen, there must be a knowledge of her child's possibilities and probabilities bordering closely upon the supernatural.

But there are some general rules which may be hopefully followed, and these rules call for the mother's self-knowledge scarcely less than for a knowledge of the child's peculiarities, in order to bear the best fruits. I think we would best begin with the mother, herself, as I know, from long experience that the mothers need training before they can train the children.

One of the mother's greatest mistakes—born, too, of her great love for her child, is the habit of self-abnegation—of self-forgetfulness; and this tends to make the child selfish and careless, and breeds in the dawning mind an utter disregard for the rights of others; this selfishness is taught, too, at the expense of non-development of its best faculties.

There is the greatest temptation on the part of the mother to do, or have done, everything for the child, rather than let it share the responsibilities of its own growth. Children thus waited upon learn to expect and exact service from others as their rights, and

they thus never realize the relation in which they should stand upon the plane of give and take. A child's ideas of justness and fairness to its immediate companions, in such a case, is often very vague, but the balance of human rights should be the first lesson taught, if we would have the child prepared to meet the hard knocks when it is forced out into contact with the world—as it must be, sooner or later, and may be at any time. One must exact from the child in a measure what it expects of others. It must be taught that a service rendered must be paid in kind—not as a matter of obedience, but as a return service, due to another. It must be taught the balance of human justice—the community of rights; that, inasmuch as we are served, we owe it to another to in like manner render service; that one should never expect something for nothing, or take, as a right, without graceful acknowledgement any kindness or courtesy from another, of whatever degree.

The lesson of gratefulness for favors bestowed should also be inculcated early, and the dawning mind thus taught that any voluntary service or gift is to be remembered, and, if occasion offer, repaid by a voluntary service to another. But it should not be taught to render service to another solely as, or for, reward. Try to teach it that it owes these courtesies to others; that it owes this willingness to render service to others to its own better self; and impress upon its mind that this willingness to "do unto others" will grow with exercise until it shall become a pleasure and a happiness, and by it one will win not alone its own self-approval, but also the love and good will of its companions and the consideration of its associates through all its life.

But especially should the child be taught to wait upon itself—to think for itself, and to do little services for the mother; it should be taught to realize that its mother is often overburdened, and that there are many little ways in which its weak little hands or nimble feet can help and not hinder. Let it feel that it is responsible for certain little duties, and let these duties depend upon it for performance. This education may begin very early in life, and if carefully followed up, will spare the mother as well as the rest of the household, many a tired moment.

I knew a mother, once, who learned this lesson of her own selfishness in teaching selfishness to her child in order to save herself the "worry of seeing that it obeyed her," and when her own children had all gone out into the world, she took into her home other children and began anew, teaching them the golden lessons of "doing unto others," because she had learned wherein she had failed with her own.

Another thing children should be taught, and in this, implicit obedience demanded, and that is, not to meddle—at home or abroad—with anything. Nobody likes a meddling child, and especially do those whose homes are childless dislike to have their dainty belongings "fingered" by visiting children, or the odd corners of their household pryed into by little ones who are allowed to do just as they please in their own homes. A child, no matter how lovable otherwise, or how dear, if it is "into everything," is never welcomed, but its visits are always dreaded by even the kindest of its friends.

In Reduced Straits.

In defending the war department's evil policy in the Philippines, General Grosvenor got himself into a position which even so facile a twister as he may have difficulty in getting out of. He went so far as to assert that the worst things charged against General Jake Smith had their counterpart in the civil war, and as a parallel to Smith's "kill and burn" order he cited General Grant's orders to desolate the Shenandoah. The favorable comparison of Smith's "kill-all-over-ten" campaign in Samar to Sheridan's ride through the Shenandoah reveals the straits to which the apologists for barbarity in warfare are reduced.—Philadelphia (Pa.) North American, rep.

The Remarkable Feature.

The Philadelphia Evening Telegraph considers the abolition of the war taxes to the amount of \$73,000,000 as "the greatest feat of financiering ever accomplished by any government in the history of the world." But the Telegraph will confess its error if it recalls the greater financial problem of imposing a war tax of \$100,000,000 for three years after the war had ceased, and staving off a revolution while the surplus in the treasury rose to \$256,000,000, amid the wildest extravagance in expenditures.

The patience displayed by the American people while they were being robbed by the trusts and plundered by the government is the remarkable feature of the financial operations in which the Telegraph takes so misplaced a pride.—Trenton (N. J.) True American.

Who Supported Atlas.

Joseph Jefferson, asked by one of his little friends to hear him recite his lesson in ancient history, put this question:

"Who was Atlas?"

"A giant who was supposed to support the world," answered the child.

"Oh, he supported the world, did he?"

"Yes, sir."

"Well, who supported Atlas?"

The little fellow was nonplussed for a moment, but after a little thought said:

"I guess he must have married a rich wife."—New York Times.

The first stamped envelopes were issued in 1853 of the two denominations of 3 and 6 cents, and it was not until two years later that the 10-cent envelope was added.

